

# **Freezer Breakfast Burritos**

If you are the type of person who loves hitting the drive through in the morning but are looking for something a little healthier then this recipe is for you. Prep ahead these freezer burritos so you can quickly warm one up in the microwave before leaving the house!

## Prep: 20 minutes • Total: 40 minutes

### Ingredients:

Yellow pepper, diced	1 each	1 each
Tomato, diced	1 cup	250 mL
Onion, medium, diced	1 each	1 each
Olive oil	2 Tbsp	30 mL
Black beans, low sodium, 19 oz can,	1 each	1 each
drained and rinsed		
Chili powder	1 tsp	5 mL
Garlic powder	2 tsp	10 mL
Cumin	1 tsp	5 mL
Salt	1/8 tsp	1 mL
Pepper	1/8 tsp	1 mL
Eggs, large	8 each	8 each
1% milk	1/3 cup	85 mL
Cheddar cheese, shredded	2 cups	500 mL
Kale, finely shredded	1 cup	250 mL
Whole wheat tortilla shells	8 each	8 each

## **Directions:**

- Over medium-high heat, sauté the pepper, tomato, and onion in 1 Tbsp of olive oil until most of the water in the vegetables is evaporated off, about 5-8 minutes.
- 2. After 5-8 minutes, add the black beans, chili powder, garlic powder, cumin, salt, and pepper and sauté for another 5 minutes.
- 3. Beat the eggs and milk together in a bowl.
- 4. Over medium-heat in a separate pan, add the eggs and the remaining olive oil. Fry until the eggs are fully cooked through.
- 5. Assemble burritos by adding eggs, veggies and beans, cheese, and kale into a tortilla shell. Wrap the burrito tightly and freeze in a freezer-safe Ziploc bag for up to a month.

Tip: To hold burritos together heat up a non-stick frying pan on medium-heat. Add some water with a food brush to where the end of the shell meets the body of the burrito and place it on the pan. Fry until the tortilla starts browning and the end of the tortilla stays in place.

## **Nutrition Facts**

Serving Size (305g) Servings Per Container

#### Amount Per Serving

Calories 590	alories 590 Calories from Fat 21	
		% Daily Value*
Total Fat 23g		35%
Saturated Fat 10g		<b>50</b> %
Trans Fat 0g	3	
Cholesterol 24	45mg	<b>82</b> %
Sodium 940m	g	<b>39</b> %
Total Carbohy	drate 68g	23%
Dietary Fibe	r 12g	<b>48</b> %
Sugars 5g		

### Protein 29g

Vitamin A 15%	<ul> <li>Vitamin C 60%</li> </ul>
Calcium 35%	• Iron 30%
*Percent Daily Values	are based on a 2 000 calorie

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500

	Galones.	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydra	ate	300g	375g -		
Dietary Fiber		25g	30g		
Calories per gram:					
Fat 9 • Carbohvdrate 4 • Protein 4					

## Makes 8 servings (305 g / serving) • 1 serving = 1 burrito

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